

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							<b>Fitness OnDemand</b>  5:00 am 8:00 pm  OnDemand available daily with Open Studio
6:00 am	<b>Core Pilates</b> 6:30 am 7:30 am	<b>Jillian Michaels Bodyshred</b> 6:30 am 7:00 am	<b>Core Pilates</b> 6:30 am 7:30 am	<b>Jillian Michaels Bodyshred</b> 6:30 am 7:00 am			
7:00 am							
8:00 am							
9:00 am	<b>Yoga</b> 9:15 am 10:15 am	<b>Core Pilates</b> 9:15 am 10:15 am	<b>Yoga</b> 9:15 am 10:15 am	<b>Core Pilates</b> 9:15 am 10:15 am	<b>Boot Camp</b> 9:15 am 10:00 am		
10:00 am				<b>Spin Class</b> 10:30 am 11:15 am			
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	<b>Yoga</b> 5:00 pm 6:00 pm						
6:00 pm							
7:00 pm							